


# exercise class programme

## George Campbell Leisure Centre

Accurate as of 04/05/2024

Times for Thursday 9 December				
Time	Session	Facility	Level	
6:30 am - 7:15 am	Spinning ®	Studio 2		
9:00 am - 10:00 am	Pilates	Studio 2		
9:30 am - 10:30 am	Body Conditioning Class	Studio 1		
11:00 am - 12:00 pm	50+ Chair Aerobics	Studio 2		
7:00 pm - 8:00 pm	Body Pump	Studio 1		